



UNDER PRESSURE

Ensuring Professionalism and Ethical Choice in the Workplace



CHALLENGES of PRACTICING LAW





ABNORMAL METHODS of COPING



BARRIERS to SEEKING HELP





HOW TO SPOT A COLLEAGUE in DISTRESS



QUESTION PERSUADE REFER FOLLOW UP



NEEDS of HUMAN BEINGS



WELLNESS INDUSTRY

The Wellness Industry Thrives on the Fear of Death



WELLNESS

Equals

GUILT

Equals

FAILURE



WELLNESS is A PRIVILEGE



DEFINITION of WELLNESS

The quality or state of being in good health.



LAWYERS BELIEVE LAP'S ARE FOR FAILURES

Stigma and Perception



PEOPLE NEED

"well-less"



LAURA'S PERSONAL STORY



WE ACTUALLY CAN CHOSE TO BE HAPPY

"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

John Milton, Paradise Lost





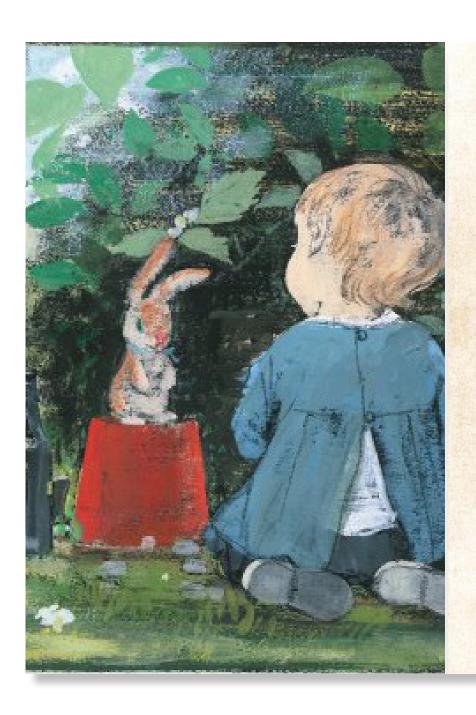
MINDFULNESS/ MEDIATION is GRATITUDE in ACTION





DISCOVER
TRUE SELF

FIN D yourself



The Velveteen Rabbit

"You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in your joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

by Margery Williams





TENNESSEE LAWYERS ASSISTANCE PROGRAM